

I claim:

- 1 1. A sports swing training apparatus for use in conjunction with a sports implement, the
2 apparatus comprising:
3 a hollow, inflatable plastic body member having a central axis and comprising a core portion
4 with a central opening formed therein adapted to receive a shaft of the sports implement, said
5 central opening extending through said body member along its central axis, and
6 a plurality of wing sections attached to said core portion and extending outwardly therefrom in
7 an inflated configuration of the apparatus.
- 1 2. The apparatus of Claim 1, wherein said body member comprises a felted, flocked fabric or
2 other non-glossy surface on the interior of said central opening.
- 1 3. The apparatus of Claim 1, wherein said body member is substantially X-shaped in cross
2 section, and wherein said wing sections are spaced substantially 90 degrees apart.
- 1 4. The apparatus of Claim 1, wherein said body member further comprises ribs positioned
2 thereon between adjacent wing sections.
- 1 5. The apparatus of Claim 1, further comprising an attachment loop or hook attached to said
2 body member for use in connecting said apparatus to an accessory.

1 6. The apparatus of claim 1, wherein the core portion has a slit formed therein substantially
2 parallel to the central axis, and at least one fastener for attaching the sides of said core
3 portion together at said slit.

1 7. A sports swing training apparatus for use in conjunction with a sports implement, the
2 apparatus comprising:
3 a plastic body member formed from a closed-cell foam material and having a central axis, said
4 body member comprising a core portion with a central opening formed therein to receive a shaft
5 of the sports implement, said central opening extending through said body member along its
6 central axis, and
7 a plurality of wing sections integrally formed with and extending outwardly from said core
8 portion.

1 8. The apparatus of Claim 7, wherein said body member comprises a felted, flocked fabric or
2 other non-glossy surface on the interior of said central opening.

1 9. The apparatus of Claim 7, wherein said body member is substantially X-shaped in cross
2 section, and wherein said wing sections are spaced substantially 90 degrees apart.

1 10. The apparatus of Claim 7, further comprising an attachment loop or hook attached to said
2 body member for use in connecting said apparatus to an accessory.

1 11. The apparatus of claim 7, wherein the core portion has a slit formed therein substantially
2 parallel to the central axis, and a fastener for attaching the sides of said core portion
3 together at said slit.

1 12. A sports swing training apparatus comprising:
2 an elongate, one-piece body member comprising a unitary inflatable plastic member having a
3 core portion and a central axis, said body member having at least one fastener thereon for
4 attaching the sides of said core portion together at said slit; and
5 a plurality of wing sections integrally formed with and extending outwardly from said core
6 portion;
7 wherein said body member has central opening formed therein that extends therethrough along
8 its central axis, and wherein said core portion has a slit formed therein substantially parallel to
9 the central axis and in communication with said central opening.

1 13. The apparatus of Claim 12, wherein said wing sections have flattened outer ends.

1 14. The apparatus of Claim 12, wherein said body member comprises a series of ribs located
2 in the areas located between each wing section.

1 15. The apparatus of Claim 12, wherein said body member comprises a felted, flocked fabric
2 or other non-glossy surface on the interior of said central opening.

1 16. The apparatus of Claim 12, wherein said body member is substantially X-shaped in cross
2 section, and wherein said wing sections are spaced substantially 90 degrees apart.

1 17. The apparatus of Claim 7, further comprising an attachment loop or hook attached to said
2 body member for use in connecting said apparatus to an accessory.